

MERCY REGIONAL COLLEGE NEWSLETTER

ISSUE 1-3

13th March, 2015

Our Vision

Mercy Regional College serves a wide rural community which values growth and diversity in Catholic Education in the Mercy tradition.

Our Mission

In the Spirit of the Gospels we commit ourselves to the core values of community, inclusiveness, learning, care, justice and mercy, excellence and achievement.

Our Focus for 2015

"Through the Mercy tradition we encourage our community to seek knowledge, to nurture curiosity and to love learning".

From the Principal

This weekend we approach the mid-point of Lent with three weeks until the Easter Triduum, the most important time of the year for the Church. It is a time when the fundamental question of what God is for us as believers must be considered. This week's prayer explores this question. As we reflect, I also ask all members of the Mercy Regional College community to also remember the family and friends of Grace Howard who passed away just over twelve months ago - as a school community last Tuesday, we reflected upon the brief but beautiful time we shared with Grace.

The Depths of God

*Lord our God,
all truth is from you,
and you alone bring oneness of heart.
Give your people the joy
of hearing your word in every sound
and of longing for your presence
more than life itself.
May all the attractions of a
changing world
serve only to bring us
the peace of your kingdom
which this world does not give.*

Building Progress

With the weather in recent weeks being fine and not too hot, progress has been steady on Stage 1 of the building works. The concrete slab has been poured, lift shaft built and significant work has been undertaken in the two classrooms being refurbished. These two classrooms (directly opposite the canteen) will be ready for use at or near the start of next term.

This week has seen the arrival of the steelwork that will buttress the two-storey building and the Camperdown skyline has been complemented by an enormous crane used to move the steel around and into place.

With the work in progress, we have taken the opportunity to undertake a number of additional refurbishments including new lighting, ceilings, carpeting and technology infrastructure in these rooms and adjoining offices. The goal of these works is to ensure that the refurbished classrooms meet the high standards of the new rooms being built.



Stage Two Building Works

This week, I signed a contract for the design and oversight works associated with the building of Stage 2 of the College's Master Plan. Stage 2 includes demolition of the old Science/Textiles rooms, Prep rooms and maintenance shed and the construction of a new three level Middle School building. This building will include eight classrooms, offices, student and staff toilets as well as links to the existing building.

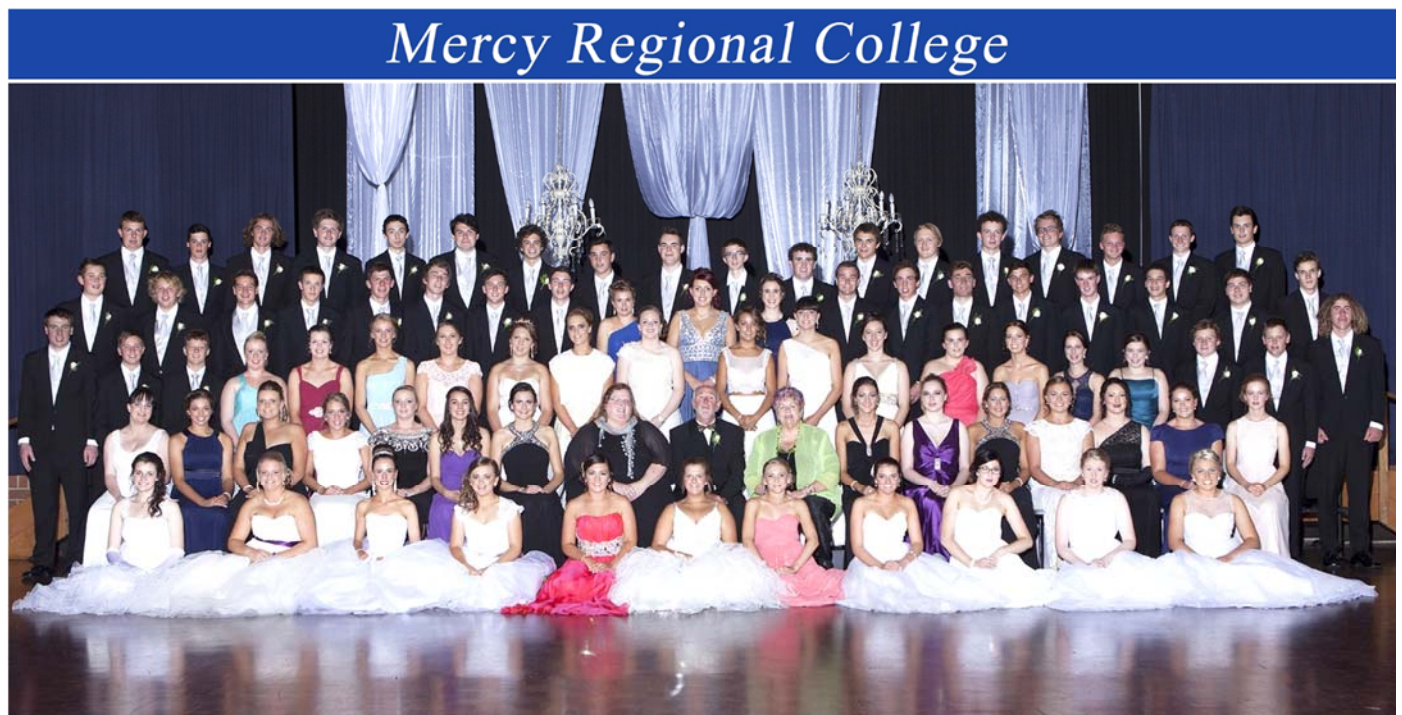
These works will commence immediately following the completion of Stage 2 (scheduled for September 2015) and will take around twelve months. They will be financed through a \$2.4 million grant from Catholic Capital Grants and the Federal Government.



Mercy Regional College Presentation Ball

On the evening of Friday 27th February, I had the great privilege of attending this year's Mercy Regional College Presentation Ball at Glenormiston College. This year's ball was an outstanding success; it highlighted how the Ball is a celebration of family, community and young people. A sincere thank you to all those who contributed to the preparation and running of the night but especially to Mrs. Rose Henry whose organisation, attention to detail and calmness under pressure made the event ensured that the event ran seamlessly.

But, of course, the highlight of the night are the young men and women being presented. This year 43 girls and 40 boys were presented and the dedication shown in dance practices through the heat of February paid off in a number of beautiful dances.



Parent-Teacher Interviews

Thursday 26th and Friday 27th March will herald the first opportunity for parents and students to chat to teachers at Parent-Teacher Interviews.

They will run from 4.00 – 8.30pm on Thursday and 9.00am – 1.00pm on Friday in the de Chantal Stadium, McAuley Campus, Camperdown.

Bookings are made online through the school's PAM intranet and any queries on this booking system can be directed to Mr. Chris Grant, Deputy Principal – Teaching & Learning on 5593 2011 or cgrant@mercy.vic.edu.au.

End of Term Arrangements

A reminder to all students and families that first term will conclude Thursday 26th March at 3.10 pm with second term commencing on Monday 13th April.

Term 2 is eleven weeks long with term finishing on Thursday 25th June.

Student Activities

As was the start of the year, many activities have continued to enrich College life in recent weeks:

- Year 8 students spent three days together on camp at Princetown last week;
- Our social justice activities are well underway with the commencement of Year 10 Christian Outreach and Year 11 Street Retreats;
- The Year 9 and 10 Pathways students travelled with Mr. Wynd and Fr. Matthew to the Wimmera Field Days;
- Sporting teams have competed in interschool golf, lawn bowls and tennis competitions; and
- On Wednesday night, the Camperdown Bowls Club was buzzing with the Year 12 student, staff and parents' bowls night. A lovely evening and meal was enjoyed by all although the quality of the bowls was questionable at times!

I will be taking a few days leave during the last week of this term and hope that all in the Mercy community enjoy a safe, restful and holy Easter.

Yours in Mercy,



DR. DARREN EGBERTS
PRINCIPAL



Deputy Principal Wellbeing

Mr. Kerin Glennen

Teenagers and sleep

Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night. This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less. Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager's life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.

Causes of sleep deprivation

Some of the reasons why many teenagers regularly do not get enough sleep include:

- **Hormonal time shift** – puberty hormones shift the teenager's body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don't allow them to sleep in. This nightly 'sleep debt' leads to chronic sleep deprivation.
- **Hectic after-school schedule** – homework, sport, part-time work and social commitments can cut into a teenager's sleeping time.
- **Leisure activities** – the lure of stimulating entertainment such as television, the Internet and computer gaming can keep a teenager out of bed.
- **Light exposure** – light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.
- **Vicious circle** – insufficient sleep causes a teenager's brain to become more active. An over-aroused brain is less able to fall asleep.
- **Sleep disorder** – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

Effects of sleep deprivation

The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:

- Concentration difficulties
- Mentally 'drifting off' in class
- Shortened attention span
- Memory impairment
- Poor decision making
- Lack of enthusiasm
- Moodiness and aggression
- Depression
- Risk-taking behaviour
- Slower physical reflexes
- Clumsiness, which may result in physical injuries
- Reduced sporting performance
- Reduced academic performance
- Increased number of 'sick days' from school because of tiredness

Preventing sleep deprivation – tips for parents

Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep.

Suggestions include:

- Allow your child to sleep in on the weekends.
- Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
- Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
- Avoid early morning appointments, classes or training sessions for your child if possible.
- Help your child to better schedule their after-school commitments to free up time for rest and sleep.
- Assess your child's weekly schedule together and see if they are overcommitted. Help them to trim activities.
- Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.
- Work together to adjust your teenager's body clock. You may like to consult with your doctor first.

Preventing sleep deprivation – tips for teenagers

The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time.

Suggestions include:

- Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
- Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
- Keep your room dark at night. The brain's sleep-wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
- Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
- Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
- Add an extra 10 minutes every week until you have reached your desired bedtime.
- Avoid staying up late on the weekends. Late nights will undo your hard work.
- Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

Director of RE

Mrs. Jo-Anne Saunders

Caritas Fundraising

Catholic Social Teaching calls us to reach out to others and support the dignity of the human person. Food for life is the motto of the Project Compassion program this year and is all about sustainable, healthy food programs, micro businesses and support systems around the globe.

At Mercy Regional College, we try our best to raise funds to Caritas and the programs they provide. Lots of fundraising is occurring and we thank you for your support. Students and families are bringing out their pocket money in support of some of the following activities:

- Popcorn and cake stalls – 7C
- Icy poles, March 13th - 7B
- Guess the Easter Egg competition – 7A
- Muffins break – 7D
- Bags of sweets - 8A
- Scones with Jam and cream, March 17th - 8D
- Sausage sizzle on the last day of term, March 26th - 8C
- Years 9 and 10 – Coin line competition during week 8
- Year 9 Active Learning Project – Caritas Ks

Last Year our school raised over \$3000.00 and who knows what a difference we can make this year. For further information please visit the Caritas website www.caritas.org.au



Street Retreat 2015



During 2015 over 90 Year 11 students will make their way to Melbourne to participate in the Year 11 Street Retreat program.

Our first team of staff and students are ready to go and there is much excitement about the journey. The reflection segment of the trip is again at Australian Catholic University and is a wonderful place to recall the experiences and share the way in which the time with the Vinnies Soup Van changes our perspective on the homeless and disconnected, the poor and struggling members of our society. We urge students to "See the face of God in the faces of the people they meet and to commit to the greatest challenge which is to make conversation with people who may not have had a chat with anyone for some time. We thank the Regional St Vincent De Paul Conference for their ongoing support of our program and we hope it continues for many years to come.

Relay for Life Day – Final Day of Term

Thursday 26th March will be 'Relay for Life' day at Mercy College.



At the McAuley Campus, three young men will have their heads shaved to support research into Gastrointestinal Cancer.

Darcy Collins, Lachlan MacDonald and Tim Woodmason are going under the clippers for a good cause and Olivia Hickey is cutting her hair to donate to the 'Lovely Lengths' program for wig making. You can support these brave Year 12 students by sponsoring their efforts and the cake stall, which will be run by Year 12 students on the final day of term.

At O'Keeffe Campus students are encouraged to bring a gold coin to be wear purple and yellow clothing as colours of the 2015 'Relay for Life' OR if they wish any 'Relay for Life' jumper from a previous year. There will be a sausage sizzle at the O'Keeffe Campus run by 8C (Caritas) and they are currently taking orders for sausages in bread, sauce and onions.

Mercy Social Justice Conference

Mercy Social Justice Conference is the new name for a group of interested students who take time out of their lunch and recess breaks to discuss ways of supporting local, national and international programs. We have taken on the word "Conference" in our name so as to show we are now also affiliated with the Vinnies College Conference program, which gives us an even stronger link to St Vincent De Paul Society as junior members.

Some of our Aims this year are to support the St Vincent De Paul "*Assist a student program*". This means a commitment of \$70 per year level to assist 6 students in South East Asia. During the cooler months of term 2 and 3 we will be selling our Tika Peru scarves made from Alpaca wool which are sold to support microbusinesses originally set up by Sisters of Mercy in some of the poorest parts of Peru to give women hope, independence and an income.

We are working hard to promote Caritas and Relay for Life as well as information and awareness programs such as Malala Day which was instigated at our school last year. Our Social Justice Conference Leaders Amy McKenzie and Martinique McKenzie are also keen to undertake support a local organisation in a very hands on and practical way during the course of the year. Meetings are held during week two, four, six and eight and ten in first semester and are held Thursday Recess at O'Keeffe and Friday lunch at McAuley Campus.

Deputy Principal Teaching & Learning

Mr. Chris Grant

Interim Reports

Semester One Interim reports will be available through the Parent Access Module (PAM) from 9:00am Monday 16th March. If you have misplaced your username and password for this, please contact the office.

Parent Teacher Interviews

Parent Teacher Interviews will open for parents at 9:00am, Monday 16th March, and can be booked through the Parent Access Module.

If you have misplaced your username and password for this, or require assistance in making bookings, please contact the office.

Head of O'Keeffe Campus

Mr. James Castles

Junior School Core Value Awards

This year we are introducing Junior School Core Value Awards. Staff at the O'Keeffe Campus can nominate students who demonstrate qualities that represent our Core Values.

Awards are then presented at our Junior School Assemblies which take place twice a term.

Congratulations to the following Year 7 and 8 students who received our Core Value Awards.

Community: Promotes the uniqueness of the community and its heritage.

Nathan Wyss

Inclusiveness: Welcomes and celebrates individual difference.

Anna Cole

Learning: Encourages our community to seek knowledge, to nurture curiosity and to love learning.

Jai Wakeling

Care: Commit ourselves to caring for each other.

Zachariah Sinnott

Justice and Mercy: Seeks to act with love, fairness, tolerance and compassion to all.

Denzel Wickenton

Excellence and Achievement: Support, acknowledge and strive for personal excellence and achievement.

Josephine Stephens

Head of Sport

Mr. Matt Harkin

Another huge couple of weeks at Mercy in relation to sport both in and out of school. I would like to congratulate the student body in their willingness to participate in the sports.

Athletic Sports

In perfect conditions the Mercy house athletic sports were held last week. Record numbers of students participated on the day which was very pleasing to see. A number of records were also set that will be updated in the newsletter at a later date.

Of course there can only one winner on the day and once again it was Frayne house who won the title, narrowly defeating Tindley house who were in the lead for a fair majority of the day.

Our individual champions for the day were as follows.

U13 Cameron Vagg and Amy Vogels
U14 Maddie Hickey and Jia Anderson
U15 Ruby Suhan and Scott Carlin
U16 Sarsha Anderson and Lochie Davis
U17 Steph Hibburt and Charlie Darcy
U20 Brie Reichman and Ben Finnerty

Local Cricket

It was great to see members of the Mercy community achieve some wonderful results in local cricket recently. Lismore under 16 cricketers won the premiership as well as the Simpson/Princetown U16 team that was a tremendous result.

James Henry won the leading wicket taker for the league and Hamish Huffadine won the leading run scorer for the league as well – a great effort by both of these boys.

Noorat – Terang Fun Run

It was fantastic to see such a large number of staff and students represented at the annual fun run starting in Noorat a couple Fridays ago. Some great results were had with many students breaking there personal bests. Special mention must go to Nick O'Connor who won the junior male section. Well Done!

Senior Golf and Bowls

Last Friday the school senior golf squad made up of Daniel Kenna, Jacob Harris, Charlie Brett, Dale Marquand Hamish Huffadine and and bowls team featuring Jacoba Mungean, Louis Cain and captain Ronan Walters ventured up to Ararat for a competition.

All players represented the school well and competed fiercely on the day. Our bowls team finished 6th and the golfers, although not recording a place did really well on the day.



Year 9 Pathways

Corangamite Shire Visit

Report by: Jack Smith

On Monday 16th February the Year 9 Pathways group walked with Mr. Delwig and Mr. Wynd to the Corangamite Shire in Camperdown. We were on a visit to find out more information about Council work.

We met with Jude Murfitt who told us a lot about her job and work safety. Jude spoke about the Shire and the many different jobs they do. Some of these include making sure there are no problems in the Shire such as fixing the bitumen on roads and looking out for safe power lines. It was an interesting visit as any of us could have the opportunity to work for the Shire. Jude talked a lot about work place safety and listening carefully to your instructions.

Thank you to Mr. Wynd for organising our trip. We now know more about working for a Shire Council.



Year 8 Princetown Camp

Report By~Hannah and Maddie

On Wednesday 4th March, all Year 8 students met at O'Keeffe campus with all of their gear, ready for their survival camp at Princetown.

On the first day we loaded all of our gear into the buses and trailers and headed off with our first stop at Peterborough. After we arrived we went for a short walk and participated in group activities along the beach. Next stop was Loch Ard Gorge for lunch and free time.

Soon after we arrived at the Princetown footy oval where we carried our gear across the bridge to the camp site. We set-up our tents and organised our baggage for the next few days after that we walked to a nearby beach for activities. A few hours later we showered, had our dinner and we're ready for the Red Faces acts. After many laughs we divided into groups and talked about leadership. Not long after we were tucked up in our tents. That night many tents had either fallen or ripped so sleeping arrangements were changed.

The next day after not much sleep we had breakfast and set off for our 18km walk which took up most of the day, it I was good for interacting with others. After that we were tired but we cooked tea, had showers and managed to stay awake for the movie.

The last night was very cold and windy and believe it or not some tents were hooked up to cars or nearby fences. We woke to have breakfast and packed up as it was out last day. Our busses then headed to Port Campbell for lunch and free time. A short while after we were back on the bus heading for home.

Camp was good for communicating with others and our survival skills.



Cert 1 Pathways Excursion

Mr. Tony Wynd

Last Thursday the Certificate 1 Group went to the Field Days at Longrenong. The aim of the day was to see what jobs are available in the Agricultural Sector and what educational courses are available.

After an early start, we arrived at 9.15am and went straight to view the large broadacre equipment which excited most of the boys who climbed all over them.

Then it was off to find information on the Agricultural Courses. The group found that both Longrenong Agricultural College and Marcus Oldham provide good courses in agriculture and that jobs and courses are not just for farms - there are many other jobs and services that can be done in the agricultural area.

The careers and guidance officers from these Colleges were very helpful and spoke at length to the group explaining the options available.

One of the highlights was seeing David Foster, the world champion axeman cut through a 45cm sugar gum log in 26 chops. He also asked the group to come to the front while he spoke and asked them questions. He encouraged the group to always try their best and live your dreams.

The group then spent the rest of the time going round and visiting all the various exhibits. All students enjoyed the experience.

Many thanks to Fr. Matt for driving the bus and Di Beard for accompanying on the trip.



France & Belgium Battlefields Tour 2015



We will begin our tour in Paris-“the City of lights” (La Ville Lumiere)-and after arriving at Charles de Gaulle Airport, we will have a morning tour of the great city. We will pick up a guide at our hotel and visit all the great sights of this fabulous place. We will see the Louvre, once a royal palace; the Ile de la Cite, an island in the Seine River which is the site of the ancient city of Paris; the magnificent Gothic Cathedral of Notre Dame; the Invalides, site of the French Army Museum and Napoleon’s Tomb; we will drive along the Champs Elysee and pass by the great Arc de Triomphe.

We will stop and walk around the Eiffel Tower before checking into our Hotel. The first evening will be a relatively early night following the journey from home but we will enjoy a meal together as our introduction to Paris.



Day 2 we will visit Louis XIV’s great Palace at Versailles and then climb the Eiffel Tower. These are two of the iconic must do things for visitors to Paris. Our tour group will be overwhelmed by the scale of Louis’s Palace built in stages from the end of the Seventeenth century and throughout the Eighteenth century. His idea was to demonstrate to the rest of the world the pre-eminent place of France among the countries of Europe. That afternoon we will climb the Eiffel Tower and the next day we will visit the Louvre where we will see iconic works such as the Mona Lisa and the Venus de Milo. We will use our Paris Visite cards to travel by public transport and we will walk the streets and boulevards of this ancient place.



Paris from the Eiffel Tower

When we talk about this tour one of the many things that the students remember very fondly is these few days in Paris. All who visit Paris are amazed by the cosmopolitan lifestyle of the place. This would have been the same for those Australians who took leave in Paris during the First World War

We can only imagine how wide eyed young Australians, who may never have been to a city before the war, viewed all the delights of Paris especially in the heightened emotions of wartime. After our three days in Paris we will move on to Amiens as the base for the Somme battlefields.



Louis XIV’s Palace at Versailles

Lions Youth of the Year 2015

One of the many opportunities for our senior students each year is the Lions Youth of the Year competition which is held in February.

This year we had five of our Year 12 student leaders-Haylee Davis, James Anderson and Josh Rowan-who competed at Camperdown-and Stephanie Lee and Olivia Giblin who competed at Terang. At Camperdown, Haylee, James and Josh were joined by two students from Camperdown College and at Terang, Steph and Olivia competed with two students from Terang College.

The requirements of the task that the students face include a half hour interview where they are asked a variety of questions about such things as their ambitions for the future and current events in the world and their communities. This interview is worth eighty of the 110 points allocated for the competition. In the evening the students then complete a public speaking task to an audience. This can be on a topic of their choice; Haylee spoke on Social Media in our Lives; James spoke on the Importance of Theatre in our Lives and Josh on the topic that there should be greater care for our returned service men and women; Steph's topic "Broadening our Horizons" was about the importance of travel and Olivia discussed the role of sugar in our diet. All these speeches were entertaining and informative and earned the sincere congratulations of the judges.



Olivia Giblin and Stephanie Lee



James Anders, Hailey Davis and Josh Rowan

Haylee won the event at Camperdown and went on to compete in the district final at Mortlake. In Terang Olivia won the public speaking section with the overall winner at Terang, Maddie Hunger from Terang College, winning the district final at Mortlake. I attend this competition at Terang each year and it is a delight to hear the sophisticated, mature ideas that the competitors present and to see the way that they deal with public pressure.

Well done to all.

CAREER EVENTS

March - May 2015

MONASH UNIVERSITY

At Monash Seminar Series: Monash showcases different faculties within the University. The seminars run over several months and students have to book in advance. You will be able to attend seminars in areas such as engineering, arts, sport, education, health, design etc. Most seminars run in the evening, so you can attend after school. Parents are usually welcome as well.

Dates for March are as follows

- 17: Arts (Science & Humanities)
- 18: Information Technology
- 19: Pharmacy & Pharmaceutical Sciences

For more information and to register, go to, www.monash.edu.au/study/life/student/seminars/



MEDICINE – UNSW

UNSW Rural Clinical School is running a Careers in Medicine morning tea at the Albury campus on **Tuesday 21 April**, at 10.00am.

Please contact Prue Barclay, Administration Assistant, Rural Clinical School, Albury Campus to RSVP by 6th of May, 02 6042 1311, p.barclay@unsw.edu.au

MEET MELBOURNE UNI

University staff will be visiting regional Victorian centres and selected Melbourne metropolitan locations in March, April and May to give students and parents in the area the chance to find out more about:

- Scholarships, accommodation, course costs, student services
- Courses and career outcomes, including the Melbourne degrees and graduate pathways
- Unique opportunities to enrich your degree such as studying a concurrent diploma or going on exchange
- Access Melbourne scheme

For a list of dates and locations, go to http://futurestudents.unimelb.edu.au/explore/events/victoria_and_interstate

Meet Melbourne
Visiting Regional Victoria

UNIVERSITY OF MELBOURNE

A Day at Melbourne University: You will be able to find out about courses at the University of Melbourne on **Friday 10 April**. You can learn about:

- Undergraduate degrees and graduate pathways at Melbourne
- Unique opportunities to enrich your degree such as concurrent diplomas and going on exchange and study abroad
- Admissions and entry requirements
- Access Melbourne and Melbourne Scholarships
- Accommodation options
- How parents can help with the transition to university.

You will also be able to participate in a session focusing on the course you are interested in. To register, go to <http://futurestudents.unimelb.edu.au/>

CAREER EVENTS

March - May 2015

MY DAY- CHARLES STURT UNI

Charles Sturt University MyDay events: Each year, Charles Sturt University showcases their courses via a series of hands-on events. The following MyDays will be running in March & April:

- 20 March: Arts, Psychology & Social Work, Wagga Wagga
- 23 April: Nursing & Paramedics, Bathurst
- 24 April: Nursing, Albury-Wodonga
- 30 April: Accounting, Business & IT, Albury-Wodonga

For more information and to register, go to <http://www.csu.edu.au/go/myday>

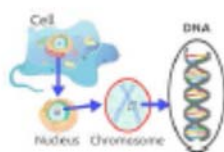


SCIENCE IN THE CITY @ RMIT

Science in the City, RMIT: You and your parents will be able to learn about the science programs on offer at RMIT, which include biology, biotechnology, chemistry, environmental science, food science, nanotechnology and physics.

You will also be able to undertake a laboratory tour at the City Campus and speak to lecturers about how you can broaden your career options and give yourself a competitive edge.

The event will run **Monday 30 March**. There are limited spaces, so register now- <http://www.rmit.edu.au/appliedsciences/discover>



FORENSIC SCIENCE

Have you considered a career in Forensic Science? Then you should attend the next Forensic Science Careers Information Day on **Wednesday 1 April**, at the Victorian Institute of Forensic Medicine (VIFM), Southbank.

Work at the VIFM includes

- Forensic pathology
- Clinical forensic medicine
- Medico-legal death investigation
- Paternity testing
- Forensic science services
- Preparing coroners reports
- Offering expert opinions on a range of issues

You will receive information on careers in the industry, but you will not be able to participate in a tour of the Building. There are limited spaces available so you will need to register quickly.

For more information and to register, go to <http://www.vifm.org/about-us/careers-at-vifm/>



DESIGN

Billy Blue College of Design: offer courses in Communication Design, Digital Media (Motion, Interaction, and 3D Design & Animation), Commercial & Residential Interior Design, Branded Fashion Design, and Communication Design.

They will be running an Open Day at the Melbourne campus **Saturday 2 May**. For more information and to register, go to www.billyblue.edu.au/

CAREER EVENTS

March - May 2015

THE VCE & CAREERS EXPO

This is a fantastic annual event which enables senior school students and their parents to be able to participate in a diverse range of over 150 seminars related to VCE subjects, gap year opportunities, vocational and higher education courses, career pathways and VCE study skills.

Over 190 organisations will be in attendance, enabling students to be able to talk to course and program advisers directly about their services. Cost is \$10 per student and schools have been sent free passes.

The event is being held at Caulfield Racecourse between Thursday 7 to Sunday 10 May. To find out more and to order tickets, go to www.vceandcareers.com.au, 03 9596 8881



MONASH UNIVERSITY

At Monash Seminar Series: Dates for April & May are as follows

April

- 21: Design & Fine Art
- 28: Architecture
- 29: Interior Architecture
- 30: Psychology

May

- 5: Medicine & Biomedicine
- 13: Law
- 14: Teaching
- 19: Health Sciences (Radiation Science, Public Health, Emergency Practice, Human Services)
- 26: Nursing
- 27: Biomedical Science, Radiography, and Nutrition & Dietetics
- 28: Engineering

For more information and to register, www.monash.edu.au/study/life/student/seminars/

ZOOKEEPER FOR A DAY

Are you in years 7 – 12? Do you want to work with animals? Healesville Sanctuary and Werribee Open Range Zoo present a day of activities where you get to work alongside their Zookeepers.

Keeper for a Day, If you are keen to find out what it takes to work in a zoo, caring for the amazing array of animals, then you may be interested in attending the Keeper for a Day program, which is running at Werribee Open Range Zoo and Healesville Sanctuary:

- Werribee Open Range Zoo, March 31, April 2, 8, 10, www.zoo.org.au/werribee/whats-on/keeper-for-a-day
- Healesville Sanctuary, March 31, April 1, 7, 8, www.zoo.org.au/healesville/whats-on/keeper-for-a-day

Vet for a Day, This program allows students in Years 7 – 12 to work in the Healesville Sanctuary Vet Hospital for the day. You will be able to assist the veterinarian's with jobs such as

- Suturing
- Diagnosis
- Animal contact
- Health checks
- Rehabilitation
- Post Mortem

Dates are April, 1, 2, 8, 9, www.zoo.org.au/healesville/whats-on/vet-for-a-day



CAREER EVENTS

March - May 2015

GAMING & ANIMATION - AIE

Academy of Interactive Entertainment (AIE) is a private college located in Melbourne. They offer vocational and higher education courses in:

- Game Art & Animation
- Game Programming
- Game Design & Production
- 3D Animation & VFX for Film

AIE will be running two career events for prospective students

- **Industry Experience Day:** you will undertake hands on workshops, learn about what should be in a portfolio for entry into courses and learn about local and international game development. **Wednesday 8 April.**
- **Open Day:** You will be able to learn about courses of offer, view student art work, attend presentations, and speak to current students and lecturers. **Saturday 16 May**

For more information and to register your place for the above events, go to www.aie.edu.au

GAMING & ANIMATION - SAE

SAE Qantm is a private college which has campuses all around the world, including Melbourne. They offer vocational and higher education courses in:

- Animation
- Film
- Sound Production & Audio Engineering
- Games Development
- Graphic Design & Web Design
- Interactive Technologies

They will be running a campus information day on 18 April where you can tour the world class facilities, speak to current students and lecturers, and learn about their amazing courses, <http://sae.edu.au/>

AGRICULTURE & VET SCIENCE

The Faculty of Veterinary and Agricultural Sciences at the University of Melbourne is hosting an Agriculture & Veterinary Science Careers Day on **Saturday 21 March, 10.00am – 3.00pm, 250 Princes Hwy, Werribee, Victoria.**

You will be able to:

- Explore the popular Bachelor of Agriculture and the Doctor of Veterinary Medicine programs
- Discover Masters and higher research programs in veterinary, agricultural and food science
- Explore careers in science, veterinary nursing, and equine studies
- Tour the world class Veterinary Teaching Hospital

For more information and to reserve your place, go to <http://fvas.unimelb.edu.au/>



LA TROBE UNIVERSITY

La Trobe are running Experience Days in April at their Melbourne (9th) and Bendigo (10th) campuses.

Students and parents will be able to undertake 3 one hour workshops in their areas of interest from a huge selection of course and career areas.

You will receive a free lunch and be able to speak with current students and lecturers.

To view the workshops and to register, go to <http://www.latrobe.edu.au/experience>



2015 WCB ADRIAN MEADE DAIRY INNOVATION PROGRAM

A unique six-day Structured Workplace Learning opportunity
for Year 10 and 11 students to learn about the dairy industry

PROGRAM INFORMATION AND APPLICATION FORM



Our 2014 program participants

Warnambool Cheese and Butter Factory Company Holdings Limited
5331 Great Ocean Road, Allansford Victoria 3277 Australia
Telephone: (03) 5565 3100 Facsimile: (03) 5565 3156 Website: www.wcbf.com.au
ACN 071 945 232 ABN 15 071 945 232



ABOUT THE PROGRAM

Warrnambool Cheese and Butter is pleased to invite applications for the 2015 WCB Adrian Meade Dairy Innovation Program. Students aged 15 and over who will be studying Year 10 or 11 in 2015 and live within WCB's milk supply region are eligible to apply. This program will be held in June and July and is a unique six-day structured workplace learning opportunity for up to 12 students who have an interest in any of the following areas:

- ♦ Agriculture, particularly dairying, and associated service industries
- ♦ Trades associated with manufacturing
- ♦ Supply chain management and logistics
- ♦ Food technology, food processing and process engineering.

Participants are given a rare opportunity to see the entire dairy industry supply chain from paddock to plate. Students will also learn about the wide range of careers available in the industry and meet a range of innovative leaders in their fields. The program emphasises leadership in all aspects of the industry and promotes students' leadership skills development.

The program was created in memory of the late Adrian Meade, a former WCB supplier director and chairman who was passionate about encouraging students from the region into tertiary education. The WCB Adrian Meade Dairy Innovation Program demonstrates WCB's optimism about the future and our commitment to encouraging young people from the region to enter the industry.



'We received knowledge of each job, right from the farmer all the way to marketers and shipping managers. I loved every minute.'

Dominic Pye, 2014 participant.

'I would encourage anyone who has an interest in the dairy industry to go on this program because it's definitely a great experience.'

Jess Hollard, 2014 participant.

2015 PROGRAM OUTLINE

PROGRAM DAYS	DATES	ACTIVITIES
DAY ONE	Tuesday June 23 (term date)	Site induction. Comprehensive factory tour. In-depth look at milk supply, factory production and product quality. Lunch, morning and afternoon teas provided.
DAYS TWO TO FIVE	Mon 29 June to Thursday 2 July (first week of school holidays)	Fully supervised four-day bus tour of dairy industry supply chain, visiting farms and service providers, food technology companies, retail markets, Dairy Australia, the Port of Melbourne and tertiary institutions offering agricultural study. Activities, accommodation, meals and bus provided.
DAY SIX	Tuesday 7 July (second week of school holidays)	Final day at the factory shows students pathways into careers in the industry. A presentation will be held with WCB management, parents and teachers. Lunch and afternoon tea provided.



APPLICATION PROCESS

Applications close 5 pm Thursday 30 April. Applicants will be shortlisted and participants will be selected by interview. Interviews will be held at the school during May, in the presence of the careers or agriculture teacher. Successful applicants will be notified and will need to complete Structured Workplace Learning arrangement forms and Travel & Accommodation forms.

ELIGIBILITY

To be eligible, students must:

- ♦ Reside in Warrnambool Cheese and Butter's milk supply region (e.g. regions including Warrnambool, Ballarat, Colac, Camperdown, Hamilton, Heywood, Portland, Mt Gambier, Bordertown, Meningie, Fleurieu Peninsula)
- ♦ Be aged 15 and over at the time of the program and studying in Year 10 or 11
- ♦ Have the support of their parents/guardians and school principal to attend
- ♦ Be available for all three sessions and show a keen willingness to participate
- ♦ Demonstrate an interest in one or more aspects of the dairy industry.

Note: Students whose family farms supply other factories are welcome to apply. Depending on the number of applications received, a maximum of two to three students from any one school may be selected.

APPLICATION FORM

Applicant's name

Age (minimum 15 years)

Year level

School

School phone number

Career or agriculture teacher's
name, phone number and email

Year 10 subjects completed
(if in Year 11, otherwise leave
blank)

Subjects being studied this year:

Form continues overleaf

APPLICATION FORM (continued)

Please tell us in 100-200 words about your interest or experience in agriculture, especially dairying, or working in the broader dairy industry. This may include information about studies at school as well as experiences outside of school, including any paid or unpaid work experience. Attach a separate sheet if necessary.

Please tell us in 100 words how you think you would benefit from taking part in the program. Attach a separate sheet if necessary.

Are you prepared to participate fully in all aspects of the program, including inductions, activities, tours, workshops and giving a presentation on your program experience?

☐ yes ☐ no

PARENTS

While the cost of program activities is covered by WCB, are you able to make your own travel arrangements (at your own cost) for your child to get to and from WCB Allansford attend the activities?

☐ yes ☐ no

I support my child's application for this program:

Parent name: _____ signature _____

Date _____

PRINCIPAL

I support this student's application for this program:

Principal's name: _____ signature _____

Date _____

PLEASE SEND COMPLETED APPLICATIONS TO ARRIVE BY CLOSE OF BUSINESS THURSDAY 30 APRIL 2015
ADDRESSED TO: 2015 WCB Adrian Meade Dairy Innovation Program, Warrnambool Cheese and Butter,
5331 Great Ocean Road, Allansford, 3277 Or scan and email to louise@lthomaswriter.com

For further information, please contact program coordinator Louise Thomas on 0418 443 433.



Main Terminal Building, Essendon Airport, Vic 3041
Tel: 9379 9225; Mobile: 0430 511 313

Dear careers teacher,

Flight Academy Australia (FAA) is offering a workshop program that will run from March 30th to April 1st 2015 to students with an interest in aviation.

A career as an airline pilot is a satisfying, rewarding and lucrative career presenting the opportunity to travel the world. There is, however, no magic wand that will get you there. It takes dedication and focus, intense study, aeronautical skill and, above all, coolness in a structured and regulated three-dimensional environment.


To become an airline pilot you must acquire the skills, knowledge and attributes necessary to command an aircraft safely in a highly regulated environment. This involves the practical handling of aircrafts in the air and on ground, radio communication, meteorology, navigation and aviation procedures – all mastered to achieve a Commercial Pilots Licence level with Multi Engine Rating, Instrument Rating and Air Transport Licence theory (Frozen).

Some flight schools present flight training as a recreation rather than a career. At FAA, we are offering students the opportunity to sample the world of aviation by participating in our three-day Airline Pilot workshop – “A Flying Start to a Flying Career”. The program is hands-on and designed to provide insight into flying as a career choice.

Please distribute the attached information to those that are interested.

Yours sincerely

Michael Lanza
Chief Flying Instructor



Flight Academy Australia is pleased to offer a three day program giving you a start in an exciting career in Aviation. These workshops provide a priceless opportunity when considering your career in Aviation.



Flight Academy Australia
Main Terminal Building,
Essendon Fields, 3041
(03) 9379 9225 or 0430 511 313
michael.lanza@businessaviationaustralia.com.au
www.businessaviationaustralia.com.au

AIRLINE PILOT WORKSHOP

Over the three days you will receive:

COURSE DATES 30 March - 1 April 2015 6 - 8 April 2015	COST 3 day Airline Pilot Workshop \$899.00 (Inc. GST) \$100.00 deposit is required. * Flight Certificate provided	<ul style="list-style-type: none">• Career advice• Training options• Intro into aviation ground theory• Log Book• 2 flight training lessons• 30 minutes simulator time
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TIMES
0.30 am - 3.30 pm daily

LOCATION: Essendon and Barwon Heads. Check our website for full details - www.flyfaa.com.au

NOTICES

Term 1 - 2015 **Dates**

Tuesday 17th March

College AGM Board Meeting

Wednesday 18th March

HSSSD Swimming Carnival

Thursday 19th March

Year 7 Retreat Day

Friday 20th March

Year 9 Retreat Day

Saturday 21st March

Noorat Community Garage Sale

Thursday 26th March

Term 1 concludes for students

Parent Teacher Interviews (4:00pm – 8:00pm).

Friday 27th March

Term 1 concludes for staff

Parent Teacher Interviews (9:00am – 1:00pm).

UNIFORM SHOP NOTICE

Can all orders for Girls Winter Uniforms to be returned ASAP so we can make sure that we have enough stock ordered from the supplier please.



CAMPERDOWN & DISTRICT **JUNIOR NETBALL ASSOCIATION**

CONTACT DETAILS 2015

KIRSTY MITCHELL 0418542192; MEL FOX 0408933662

NARELLE KERR 0400376404 DONNA CONHEADY 0419383464

CHERYLE CONHEADY, BERNI SINNOTT, NORA BONE,

BREE HUGGINS, SARAH ATKINS, NATASHA SWAYN

FACEBOOK PAGE – CAMPERDOWN & DISTRICT JUNIOR NETBALL

EMAIL - cdownjuniornetball@gmail.com

IT'S THAT TIME OF THE YEAR AGAIN!

REGISTRATION NIGHT FOR THE 'CAMPERDOWN & DISTRICT JUNIOR NETBALL ASSOCIATION' FRIDAY NIGHT NETBALL COMPETITION WILL BE HELD AT THE CAMPERDOWN STADIUM (FREDERICK STREET) ON **FRIDAY MARCH 20 FROM 3:30 – 4:30 P.M.**

SAME FORMAT AS PREVIOUS YEARS. 3 DIVISIONS; NETTA (PREP & GRADE 1), JUNIORS (GRADE 2 & 3) AND SENIORS (GRADE 4 TO YEAR 9).

COMPETITION WILL COMMENCE ON THE 1ST FRIDAY OF TERM 2 (FRIDAY APRIL 17) AND GRAND FINAL NIGHT WILL BE THE LAST FRIDAY OF TERM 2 (FRIDAY JUNE 26). GAME TIMES FOR EACH DIVISION WILL BE CONFIRMED WHEN WE HAVE AN IDEA OF NUMBERS.

FEES HAVE INCREASED THIS SEASON DUE TO INCREASED COST OF VNA REGISTRATION. NETTA \$55 (INCL. VNA COMPONENT OF \$47). JUNIOR/SENIOR DIVISIONS \$77 PER CHILD (INCL. VNA COMPONENT OF \$47).

PLEASE FILL IN THE ATTACHED REGISTRATION FORM AND BRING THIS, ALONG WITH YOUR MONEY, TO THE STADIUM ON **FRIDAY MARCH 20** AND REGISTER YOUR CHILDREN.

WE ARE ALWAYS LOOKING FOR HELPERS! SCORERS, TEAM MINDERS/COACHES AND UMPIRES JUST TO NAME A FEW. IF YOU THINK YOU CAN HELP OUT IN ANY WAY OR PERHAPS KNOW SOMEONE WHO CAN, PLEASE NOTIFY ONE OF THE ABOVE COMMITTEE MEMBERS ABOVE.

ANYONE REQUIRING FURTHER INFORMATION CAN CONTACT ANY ONE OF OUR COMMITTEE MEMBERS ON THE ABOVE PHONE NUMBERS.



2015 REGISTRATION FORM

NAME: _____

GRADE/YEAR LEVEL: _____ D.O.B. _____

ADDRESS: _____

PARENT: _____ CONTACT NUMBER: _____

EMAIL: _____

VNA: NO / YES (PAID AT: _____)

AMBULANCE MEMBERSHIP: YES _____ NO _____

PREVIOUS EXPERIENCE (YEARS PLAYING NETBALL) _____ POSITIONS PLAYED _____

FOR THE SEASON TO START WE NEED PARENTS TO TAKE ON THESE POSITIONS "MANY HANDS MAKE

LIGHT WORK"

☐

Coach

☐

Umpire

☐

Learn to Umpire (Secondary School Student)

☐

Helping with NETTA

Registration forms & payment can be returned in several ways.

1) For St.Pats students placed in an envelope and handed to Mel at school. 2) Camperdown College students placed in an envelope and handed to Amy at the office. 3) Rego Night 20th March 3:30-4:30 Camperdown Stadium

FEES FOR 2015

Netta Registration (Prep & Gr 1) **\$55** (INC. VNA COMPONENT of \$47)

Junior Registration (Grade 2 – Year 9) **\$77** (INC. \$47 VNA COMPONENT)

NO LATE REGISTRATIONS WILL BE ACCEPTED AFTER 20th MARCH

Start date Friday 17th April (term 2)

Please LIKE our page on Facebook – 'Camperdown & District Junior Netball' as most of our communication will be via this page. We will also publish results in the Camperdown Chronicle.

I give permission for my child to be photographed during netball & that photographs may be published in the newspaper? _____
Parent Signature

Executive – Kirsty Mitchell, Cheryl Conheady, Mel Fox. Junior Co-ordinator Berni Sinnott. Senior Co-Ordinator Narelle Kerr. NETTA Co-ordinator Sarah Atkins NETTA Coach – Chelsea Castles. Umpire Co-Ordinator Tash Swayn. General Committee Members Donna Conheady, Bree Huggins, Nora Bone.

Cobden & District Night Netball Assoc.

ANNUAL GENERAL MEETING

WED MARCH 25TH

AT COBDEN TECH SCHOOL STADIUM

McKenzie Street, Cobden

7PM.

Please note that arrangements for the night netball competition for 2015 are unable to commence until after a new committee is found. We strongly encourage nominations or enquiries regarding available positions on the night or prior to the AGM.

Please contact Kylie: 5595 1935 or Alison: 55952282.

All positions to be filled.

FREE FILMS

AT CAMPERDOWN THEATRE ROYAL



SCREENING:

**WEDNESDAY 1
APRIL**

1.30PM

FOOD & DRINK AVAILABLE FOR
PURCHASE



SCREENING:

**WEDNESDAY 8
APRIL**

1.30PM

FOOD & DRINK AVAILABLE FOR
PURCHASE



ART SHOW

SATURDAY & SUNDAY 21 & 22 MARCH

COBDEN ART GROUP MEMBERS' WORKS

All works for sale; proceeds to
Cobden Health Services.

Watercolour, Oil, Pastel and Acrylic
Paintings.

Handmade greeting cards available.

OPENING HOURS: 10.30 – 4 pm daily

VENUE: COBDEN CIVIC HALL

NOORAT PRIMARY SCHOOL PRESENTS:

SHOOTOUT AT HIGH NOON



PROUDLY SPONSORED BY

 **MT. NOORAT FREIGHTERS**
BULK HAULAGE SPECIALISTS

 **RIDLEY**
AGRIPRODUCTS

 **A.M. CRANES
& RIGGING**

DATE: SUNDAY 22nd March 2015 AT: NOORAT PRIMARY SCHOOL

TEAM REGISTRATION OPENS AT : 9:30am TILL 10:30am STARTING TIME: 11:00am

PRICE: \$100 PER TEAM (UP TO 7PLAYERS) or \$20.00 PER SINGLE ENTRANT (AGE 5+)

TO REGISTER YOUR SPOT PLEASE TEXT PAULA ON 0428927292 OR JANE ON 0417017020

A REWARD WILL BE OFFERED FOR THE BEST DRESSED TEAM.